



**UNIVERSITY OF KERALA  
NATIONAL SERVICE SCHEME**



**NOT ME. BUT YOU**



**Unit No.30**  
**ST. GREGORIOS COLLEGE,**  
**KOTTARAKARA**  
**(Accredited By NACC with B Grade)**

**UNIT REPORT 2018-2019**





# **ST.GREGORIOS COLLEGE**

## **KOTTARAKARA**

### **PREFACE**

St.Gregorios College,Kottarakara, Kerala, the then first and only higher educational institution in KottarakaraTaluk was named after St. Gregorios of Parumala, the canonized saint of Malankara Orthodox Church. The Institution was founded in 1964 by His Holiness Moran Mar Baselios Marthoma Mathews II, former Catholicos of the East and Malankara Metropolitan. The college affiliated to the University of Kerala is under the aegis of St. George Bethlehem Ashram, Chengamanad, Kottarakara, and has been catering to the educational needs of all sections of people in and around Kottarakara. The institution is in its 53<sup>rd</sup> year of envious existence reiterating its motto “**Study Serve and Sanctify in God**”. The college has been accredited by the NAAC, with B++ grade in 2006 and re-accredited with B Grade in March 2015.

The NSS unit has been contributing a major role in achieving the motto of the institution. Moreover, NSS students with great enthusiasm contribute their best for the betterment of rural communities and society. The social service and extension activities conducted by the NSS unit aims at developing the talents of the students and making them responsible citizens with social commitment. NSS unit had constructed homes for homeless people and various other social service activities were conducted by the unit. They organize legal awareness lectures every year to make the students aware of their duties and responsibilities as an Indian citizen. The Red Ribbon Club of NSS unit conducts HIV and AIDS awareness camps within the campus and also at public places. The club also actively takes the initiatives of spreading awareness about blood donation and massive blood donation camps are organized. Palliative care activities supply medicines, clothes, food and care to the needy persons.

The report of the volunteer of this college is a consolidated report of the activities during the past year being submitted for the purpose of consideration of the Best volunteer for University/ State/National awards for the year 2017-18

**ST GREGORIOS COLLEGE**

**KOTTARAKARA**

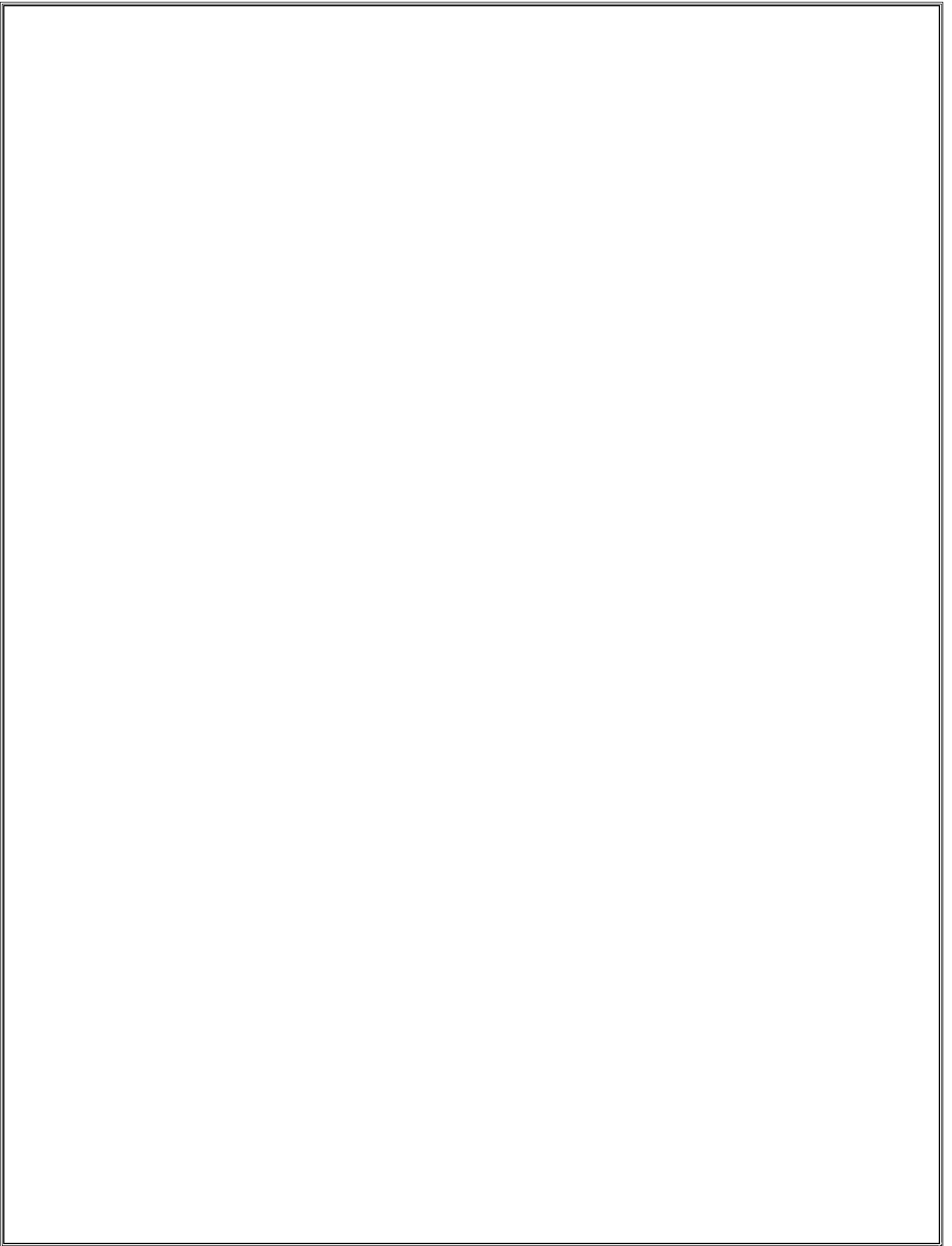
**(NSS UNIT- No: 30, UNIVERSITY OF KERALA)**

## **ABOUT THE NSS UNIT**

The National Service Scheme of St. Gregorios College, Kottarakara comprising of three units has won many accolades in the past years. The unit was recognized with the Indira Gandhi National Award for the best NSS unit in the year 2013- 2014. In the year 2013-14 & 2014-15 the unit won the award for the Overall Best Unit, Best Programme Officer and Best Volunteer at the University Level in the year 2015-2016, 2016 -17 and 2017-18. The unit bagged the best volunteer award through Sri. Jishnu, the then only representative of University of Kerala in the Republic day parade in Delhi and **Ajmal Shah J** a bonafide volunteer of our unit has also represented the University in the Republic day parade last year. Our NSS unit has been working relentlessly and continuously, keeping pace with the needs of the society and with the plans of the policy makers. The unit has organized numerous community development and social work activities over the years.

Some of the highlights of the services of the NSS unit in 2018-19 were the **renovation of a House, Kerala flood relief activities, Nadhiyodoppam River Conservation project, the implementation of the welfare projects in the adopted colonies by providing them with necessities like food, medicines etc., Blood donation camps, Leadership training, Palliative care, Inter Collegiate competition programmes, Cultural programmes, Programmes to fight against social evils like Aids, drug abuse and awareness programmes on zero waste management, cancer and other health issues, Onam kits distribution, etc.** About 100 Volunteers donated blood during 2018-19 in the blood donation camps in addition to the daily donation to the nearby hospitals.

**The National Service Scheme Unit of St. Gregorios College has three adopted colonies- Gurumuttam colony ward 4, Thozhuvattamkuzhy colony ward 4 and Thoikonam school colony ward 7 of Kottarakara Grama Panchayat.** The unit has been working relentlessly and continuously, keeping pace with the needs of the society, especially the domiciles of the adopted colonies and to improve their socio- economic status. The unit has a remarkable period during the academic year 2018 – 19 with a wide range of programmes enlisted in this report.



## **NSS Advisory Committee**

### **College Level Meetings 2018 - 2019**

The advisory committee of the NSS unit for year 2018-2019 was formed as per the NSS manual. Three meetings were held during the academic year

#### **ADVISORY COMMITTEE MEMBERS**

1. Dr.Suman Alexander- Principal (chairman)
2. Dr.KrishnakumarV. - Programme officer
3. Prof. Asha G - Programme officer
- 4.Dr.V. Manu - Programme Officer
5. Prof. SreelekshmiJayan - Dept. of Politics
- 6.Prof.Kevin Villoth- Dept. of Commerce
7. Sri.C.Mukesh - Councillor Municipality
8. K.G. Chandramohan- P.T.A. Vice president
9. Mr.Jyothis Raj- Volunteer Secretary

#### **Advisory Committee First Meeting**

The first meeting of the college level NSS advisory committee was held at NSS office on 22/06/18 at 3 pm under the chairmanship of our Principal Dr.Suman Alexander. At the outset the principal congratulated the entire member for being the overall best unit of Kerala University Continuously during 2013-14 & 2014-15. He remembered the fruitful work of NSS during the previous years and called for more active, systematic and socially committed work for the current year too .He extended his gratitude towards the Kerala University as well as the Municipality for their valuable support.

Dr.Krishnakumar V., programme officer presented a detailed blue print of the action plan with innovative ideas for the year 2018- 2019.



## **Decisions**

- To establish a help desk in the college for giving information to the candidates and parents regarding online admission procedure, provide confidence and courage to new comers, friendly approach and guidance, awareness about the campus and different club activities etc.
- To conduct optimum community service activities like campaigns against epidemics dengue fever, hepatitis, cleaning and maintenance work in public places as well as our adopted colonies.
- Construction / rejuvenation of a house – NSS Bhavan (two bedrooms, one hall, kitchen and bathroom) for a harijan family in our adopted colony (Gurumuttom). Discussions were made to collect the fund through cards and from other available sources or through a lucky draw event.
- Continuation of palliative care unit work in connection with Taluk government hospital and Municipality .Installation of “one rupee coin for one day “ boxes in each class to be operated by the volunteers for collecting fund for pain and palliative work .(medicines , waterbed, wheel chair, walking sticks etc..)
- To start awareness programme regarding, Antidrug, Antiliquor, Anti ragging, Sexual harassment, counselling, legal literacy, blood donation, first aid training, life style diseases etc.For the students and community.
- To take necessary steps to follow up the plant protection in the premises and to grow vegetable gardens for each department.
- To conduct an exhibition and sale during the onam festival celebration in the seminar hall in association with women study unit.
- Conservation of rain water by digging pits as far as possible in the campus and colonies.
- To organize medical camps in and around the campus especially eye, ear and blood group detection and blood donation.
- To conduct sevanavaram during Gandhi Jayanthi week, celebrate NSS day and all other special days in the college of community.

- Collection of note books and clothes ,soaps and other items for distributing them to the orphanages such as Ashraya-Kalayapuram, GandhiBhavan – Pathanapuram ,SnehatheeramVilakkudy and to the colony members .
- To conduct regular activities at adopted colony and college day camps.
- To conduct Socio - Economic survey in the adopted colonies and to spread awareness about future consequences.
- To settle shortage of funds for carrying out the above programme.

### **Advisory Committee Second Meeting**

The second college level advisory committee meeting was held at NSS office on 19/10/2018 at 3 p.m. under the chairmanship of our principal Dr.Suman Alexander. All the members of the committee were present and reviewed the activities so far conducted and the committee expressed their satisfaction and decisions.

- To conduct the second blood donation camp in association with HDFC, Kollam. An awareness classes for the students to organize HIV/AIDS awareness programme for the general benefits of both students and public.
- To conduct awareness classes in association with the University programme 'Nadhiyodoppam'.
- To observe World Aids Day through community awareness in association with Govt Hospital Kottarakara).
- To help Teens club –Anti Intoxication club work for the public of the students. Health detection camp to be conducted at the bus stand (BMI). To take de –addiction pledge, public oath, against tobacco and drug.
- Preparation for the Annual special camp at a convenient nearby institution ,BaseliosMarthoma II College for Teacher Education,Kottarakara, in order to render service to the community in general and to the adapted colonies in particular .A detailed plan about date , venue and activities of the special camp are discussed .

- Arrangement for literary classes for LP, UP, students about “life skills”, Morality, self-confidence, creative thinking, during the free days.

### **Advisory Committee Third Meeting**

The third meeting of the college level committee was held on 11/01/2019 at N.S.S. office at 2.30 p.m. under the chairmanship of our principal Dr.Suman Alexander. She expressed his sincere gratitude for the successful completion of Annual special camp.

#### **Decisions**

- Distribution of charity to deserving persons including sick parents of our volunteers.
- Visit to orphanages –by the young star club members.
- To conduct valedictory function for the outgoing volunteers and College Principal Dr.Suman Alexander.
- To apply for the NSS certificate for the volunteers from the university for securing them grace mark

### **N.S.S. Core Meeting**

In order to impart the vision and mission of NSS and to equip them to leadership, there is the necessity of social consciousness among the students by providing them opportunity to work among the common man and developing a co- operative spirit among them. A core meeting and then an executive committee meeting are conducted on all Thursdays by 1.15 p.m. at the NSS office to plan and design the projects to be discussed during weekly meetings held on every Saturday .Volunteers bring the pulses of the campus in the core meetings. After the detailed discussions, the decisions and suggestions are promptly recorded in the minutes .The usual participants of these meetings are programme officers , volunteer secretaries ,volunteer representatives of each depts. and representatives from various clubs such as Teens club, Palliative Care Unit, Green Club and RRC.

# St Gregorios College, Kottarakara

## National Service Scheme

Annual Report 2018 - 2019

### Towards Excellence

#### Major Activities during the year 2018-2019

Sl. No	Programmes Undertaken		Date/ period
	Topic	Details	
1	Social Asset Creation	NSS volunteers constructed a house in an adopted colony of NSS unit of St Gregorios college	Throughout the year/ Various days
2	Blood Donors directory	The unit maintains a directory of voluntary blood donors of college	Throughout the year/ Various days
3	Blood donation camp	The NSS unit organized a blood donation camp in college	08/02/2019
4	Helping Hands- Charity distribution	The NSS unit have an active team of 15 volunteers called helping hands and they had distributed charity to more than 30 people	Throughout the year/ On various days
5	Cloth Bank	The helping hands team of NSS unit had collected used clothes and distributed it to poor people	Throughout the year/ On various days
6	Flood relief activities	Volunteers of nss unit had participated in cleaning drive and food distribution in flood affected areas.	16/08/2018- 22/08/2018
7	Onam Kit Distribution	NSS unit had distributed more than 50 kits of groceries and stationaries of worth Rs. 1000 to 50 poor families of adopted colonies	23/08/2018

8	<b>Nadhiyodoppam</b> Project	NSS unit focuses on the University level project on river protection <b>“Nadhiyodoppam”</b>	08/12/2018
9	Blood donation	NSS unit and government taluk hospital kottarakara jointly conducted blood donation campaign.	08/03/2019
10	Shramdhan	The NSS unit organized shramdhan and cleaning activities at various places. Some of them are as follows <ul style="list-style-type: none"> <li>• <i>Cleaning at Water bodies</i></li> <li>• <i>Cleaning at Local LP Schools</i></li> <li>• <i>Cleaning at adopted colonies</i></li> <li>• <i>Cleaning at Roadside and Drainages</i></li> </ul>	Throughout the year/ On various days
11	Seminar on Personality Development	The NSS unit participated in seminar on Personality development by Mr.Rinu Sam, Asst. prof, Dept of physics, St gregorios college kottarakara	22/12/2018
12	HIV/ AIDS Awareness	The NSS unit organized a rally at Kottarakara town to govt taluk hospital, spread awareness about HIV/ AIDS	01/12/2018
13	Awareness seminar –by excise department	The NSS unit has organized a seminar on drug and alchohol abuse, by Radhakrishnan Pillai preventive officer, excise department kottarakara	23/03/2018
14	Seminar on cancer awareness	The NSS unit of St Gregorios college participated in a seminar on cancer awareness at Taluk Headquarters Hospital Kottarakara	29/01/2018
15	<b>THE CAMPUS-</b> Mangalam TV programe	NSS unit and mangalam tv conducted a full entertainment programme .	16/02/2019

16	Water shed management	The NSS volunteers initiated various programmes to conserve water resources	Throughout the year/ On various days
17	Training on Disaster Relief	National Disaster Relief Force conducted a training for the NSS volunteers at St. Gregorios College.	23/02/2018
18	General election campaign	Nss unit has conducted constitutional reading and gange race as per the instruction of kollam collecterate .	12/03/2019- 13/03/2019
19	Training on Aerobics	The NSS unit organised a training session on Aerobics..	21/12/2018
20	Training on Fire & Rescue Services	The NSS unit organised an outdoor training class on fire and rescue operations conducted by Fire Safety Office , Kottarakara	22/12/2018
21	ASAP job skill Survey	The NSS unit in contact with ASAP unit conducted a survey on job skills	22/09/2018- 29/09/2018
22	Revive with folk songs	Interactive session on folk songs conducted by shri C.J.Kuttappan , Chairman Kerala folk lore academy and National award winner for folk songs	22/12/2018
23	Training on Yoga	The NSS unit conducted Yoga trainings and classes lead by Lt.Dr.Indulal C R , Asst. Prof SGC , Kottarakara	23/12/2018
24	Palliative care – School kit	The NSS Volunteers donated umbrella in association with palliative care unit of government hospital kottarakkara	21/04/2019

**Important days observed by the NSS unit during the year 2018 - 2019**

	<b>DAY / PARTICULARS</b>	<b>DATE</b>
1	<b>World Blood donors day</b>	14/06/2018
2	<b>Environment Day</b>	05/06/2018
3	<b>Independence day</b>	15/08/2018
4	<b>Gandhi Jayanthi</b>	02/10/2018
5	<b>World reading day</b>	19/06/2018
6	<b>World population day</b>	11/07/2018
7	<b>Sadhbhavana day</b>	20/08/2018
8	<b>Teachers day</b>	05/09/2018
9	<b>World Literacy Day</b>	08/09/2018
10	<b>NSS Day</b>	24/09/2018
11	<b>Elders Day</b>	01/10/2018
12	<b>Children's Day</b>	14/11/2018
13	<b>National Integration Day</b>	19/11/2018
14	<b>Human Rights Day</b>	10/12/2018
15	<b>Onam celebration</b>	09/09/2018
16	<b>Christmas</b>	25/12/2018
17	<b>Holy</b>	01/03/2018
18	<b>International day against Drugs</b>	26/06/2018
19	<b>World Run Day</b>	23/08/2018
20	<b>Cancer Day</b>	04/02/2018
21	<b>Women's Day</b>	08/03/2018
22	<b>Water Day</b>	22/03/2018
23	<b>Swach Bharath Divas</b>	02/10/2018
24	<b>Education Day</b>	10/11/2018
25	<b>World AIDS Day</b>	01/12/2018
26	<b>National Youth Day</b>	12/01/2019
27	<b>Republic Day</b>	26/01/2019

**ST GREGORIOS COLLEGE, KOTTARAKARA  
NATIONAL SERVICE SCHEME**

**CAMPS & External Programmes**

**2018-2019**

The Camps, workshops and other external programmes organised by or participated by the NSS  
Unit is enlisted in the following pages



## **CAMPS/ WORKSHOPS / PROGRAMMES PARTICIPATED**

The NSS volunteer has participated in the following camps / workshops / external programmes

S. No	Name of camp/programme/workshop	Organised by	Place	Date	No: of days
1	Volunteer Leadership Training Camp	NSS, Kerala University	University Students' Centre, Thiruvananthapuram	14/09/2018- 16/09/2018	3
2	National Integration Camp	Sports and youth affairs ministry	SaiGramam Thiruvananthapuram	10/12/2018- 16/12/2018	2
3	District Leadership Camp	District NSS	Kollam	2018	1
4	Annual Seven day special camp 2017	NSS, St Gregorios College	Baselios Mathews II College for Teachers' Training , Kottarakara	19/12/2018- 25/12/2018	7
5	Pre-RD camp and RD parade	NSS Regional Directorate & Ministry of Youth Affairs and Sports	Banglore, New Delhi	November 2018,	
6	Workshop on Digital Payments / Digital India	Ministry of IT , Govt.of India & PN Panicker Foundation	Kottarakara	27/04/2018	1
7	ASAP survey workshop	ASAP CSP- community skill park	Kottarakara	17/09/2018	1
8	Anchoring Workshop	Mother Teresa	Trivandrum		1

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Details of the above listed camps participated are as follows

## 1. Volunteer Leadership Training Camp

**Jyothis Raj** and other 1 NSS Volunteers of St. Gregorios College actively participated in the three days Volunteer leadership training camp organized by NSS cell of Kerala University at Kerala University Students' Centre, Thiruvananthapuram from **14/09/2018** to **16/09/2018**(*Copy of certificate enclosed*)



## 2. National Integration Camp

**Jyothis Raj** and other one volunteers of St.Gregorios college participated in the NATIONAL INTEGRATION CAMP organised by national sports and youth affairs at SaiGramam Thiruvananthapuram from 10/12/2018 to 16/12/2018.



#### **4. Annual Seven day special camp 2017**

Annual seven day special camp 2018 organised by NSS unit of St.Gregorios college, Kottarakara at Baselios Mathews II College for Teachers' Training , Kottarakara from 19/12/2018-25/12/2018

The activities of the camp started with registration of volunteers at 2:00 pm on **19<sup>th</sup> December 2018**. 100 student volunteers and 10 Non volunteers registered and participated in the camp. Volunteer secretary Mr. **Jyothis Raj** welcome all and The campers were divided into 5 groups and a leader was selected from each group, a team of 7 volunteers were formed as an editorial board with a chief editor for the NSS Daily Newspaper named as . Various committees were formed thereafter for the smooth conduct of the camp. The inaugural session started at 10:00 am presided over by the Principal Dr.SumanAlexander, controlling officer of the camp.Shri.**P.Vijayan I.P.S (Inspector General of Police)** formally inaugurated the activities of the seven days camp. In his address he has pointed out the significant role played by the NSS units inculcating the positive attitude towards social service among the volunteers. He referred to the need for environment protection and the serious effects of waste accumulation. He also mentioned the role of volunteers in giving awareness to the society regarding the protection of environment. ,Dr. V. Krishnakumar, Dr. V. Manu, Prof. Asha G, Programme officers gave felicitation to the meeting .

#### Major events of the camp

- Yoga sessions
- Leadership training classes
- Aerobics sessions
- Shramdhan
- Personality development classes
- Environment awareness classes
- River walk
- Soft skill management classes
- Anti-drug awareness classes
- Fire & rescue training
- Cultural Events
- Camp fire

The camp aims to the improve the knowledge ,skills, social commitments and overall personality development of the volunteers. This camp specially focuses on the university level project on river protection '**Nadhiyodoppam**'. The camp also includes various awareness classes, seminars, community interaction activities etc..for the enrichment of volunteers.



Sramadanam was an experience to the volunteers in the camp. Much importance was given for the cleaning work in adopted colonies, college compound, palliative care, house construction, visit of old age homes, environment studies, awareness of HIV/AIDS, Health care Anti intoxication etc. The classes were arranged with a view to enriching the socio-civic consciousness for the volunteers and assisting them for promoting their personality which will lead to success in their lives.







The visit of many dignitaries and various faculties of the college, the local Manager the local people and political leaders were encouraging to the campers, the former NSS Volunteers sincerely participated the camp both in letter and sprit.

The concluding session was inaugurated by PrinicpalDr.Suman Alexander,programme officer Dr.V. Krishnakumar presided over the function. Volunteer Secretary's SerooyaLal and Abhishek S felicitated the function, Some volunteers shared their experiences and Volunteer Secretary SanoopSajanKoshy gave vote of thank to the gathering. The camp came to an end on **25.12.2018** at 4 Pm. The seven days camp of course was an immemorial to the volunteers. The camp helped the participants to have rural interaction which gave them an opportunity to inculcate the spirit of social commitment, religious harmony, natural love, respect and understanding.

### **5.Workshop on Digital Payments / Digital India**

A team of NSS volunteers participated in a one-day workshop on Digital Payments and Digital India organised by the Central Ministry of IT and PN Panicker Foundation at Kottarakaraon 27/04/2018. The workshop aimed at giving hand on training for students on Digital Payments apps and thus making Kottarakara , the second town to be digital municipality in India.



## 6. ASAP survey

NSS unit in association with ASAP CSP –COMMUNITY SKILL PARK Kulakkada conducted a survey in four panchayath Ezhukone , Veliyam , Ummannoor and Pooyappally for find out job skills on youngsters under the leadership of volunteer secretary **Jyothis Raj**.



ST. GREGORIOS COLLEGE

KOTTARAKARA

NATIONAL SERVICE SCHEME

Unit No. 30 – University Of Kerala

ACTIVITIES

2018-2019

*The activities of NSS unit of St Gregorios College includes a wide range of programmes. The Pilot project of the unit is Thanal 2018, a project which aims at construction of home for a homeless family. The unit had also carried out various other programmes like community development projects in adopted colonies, survey in villages, tree plantation, medical camps, blood donations and various awareness programmes about health, women empowerment, leadership, cleanliness etc. the details of the activities carried out during the academic year 2018 – 2019 is described in the following pages*



# Chapter 1

## Social Asset Creation

### Pilot Project : Thanal 2018 Bhavana Nirmana Padhathi (Home for homeless)

#### About Thanal 2018

As per the decision of the advisory committee and the core committee, the NSS unit has decided to start a programme called Thanal 2018 as the pilot project of the year. The project aims to construct a house for a poor homeless family in one of the adopted colonies. An action plan was formed to identify the person to whom the house is to be constructed and lucky draw was initiated to accumulate the funds.



Lucky Draw coupon



### **Details of NSS Bhavan constructed under ‘*Thanal 2018*’**

The new NSS Bhavan constructed by NSS unit of St Gregorioscollege is situated at an adopted colony. The new house is located so near to the existing temporary shelter in which theydwells. The concrete house constructed has a total area of 950 sq. ftand has two bedrooms , hall, kitchen and a bathroom.



## Report of the project

As part of the acting plan (Karma Padhathi) of N.S.S Unit, St Gregorios College Kottarakara, a house was constructed in the adopted colony. The material, manpower was raised by NSS volunteers of the St Gregorios College Kottarakara by means of a lucky draw collection. The 950 sq. ft concrete house has two bedrooms, hall, kitchen and a bathroom. The fund was collected by issuing lucky draw coupons collection of denominations (Rs. 20) ,finding sponsors , well-wishers, honorary workers etc for the completions of the work. The volunteer under the leadership of **Jyothis Raj**. Several volunteers involved in the construction work for the completion of the house. They were involved in removing mud from the construction site, bringing in water, cement, bricks, metal, sand, concrete etc to the construction site.





## Project “NADHIYODOPPAM”

NSS unit of St. Gregoios college Kottarakara focuses on the university level project ‘Nadhiyodoppam’, give importance on reserving rivers.

Volunteers had visited and cleaned Meenpidipara at kottarakara on 23/12/2018.

They got an opportunity to participate in River walk. Volunteers actively participated in the cleaning of Pandivayalthodukottarakara and Kallada river Elikkattoor , Pathanapuram.



## FLOOD Relief activities

NSS unit joined hands on FLOOD relief activities during the Kerala flood time, August 2018.

Many volunteers under the leadership of **Jyothis Raj** camped at Marthoma Youth centre, Adoor which worked as a collection hub for distributing food and other required items for flood-affected areas. Volunteers also participated in the rescue team and cleaning drive organised by NSS at Chengannoor, Pandalam, etc.



## Chapter 2

# Blood Donation

### 2.1 Healthy Life – Happy Life

The NSS unit aims to promote comprehensive promotional intervention to enhance voluntarily blood donation. A large number of poor patients and their relatives suffer a lot of physical and mental agony due to the none availability of rare blood groups. Every year the unit enrolls all the eligible first year degree students in the blood donor's register after the identification of their blood group along with their Body Mass Index, and willingness. The institution conducts blood group detection camp and gives awareness about blood donation and its importance. Through our effort and attempt we intend to make the public a part of this big campaign "Healthy Blood Donation".

The unit have fully fledged team of RRC club volunteers to look after the blood donation activities and awareness programme. Mr. **Jyothis Raj** had actively participated in the Blood donation camps organized by the unit as donors and also as a Co-organizers, his efforts were appreciable in making this noble activity of blood donation grand success.

### **Blood Donation Awareness Programme**

The NSS unit organizes various programmes in order to spread the awareness about importance of blood donations. A team of senior volunteers under the guidance of Programme officers visited various classes and gave awareness on blood donation. This includes campaigns, posters, charts etc. these programmes are carried out both inside and outside the campus. The unit also observed world blood donors day on 14/06/2018 and conduct blood donation on 08/03/2019 Moreover the unit also spread awareness about blood donation through charts, posters, cultural programmes etc





## Blood Donation camps

**Blood donation camps** were conducted in the campus during the year 2018-2019 apart from the regular blood donations carried out in Govt Taluk hospital, Kottarakara.

- ❖ **Blood donation camp** was conducted in the college seminar hall on 08/03/2019. A team of nursing staffs and a doctor from Govt Taluk hospital, Kottarakkar provided the medical assistance to the donors. More than 100 Volunteers donated blood to the blood bank, Govt Taluk hospital, Kottarakara.

**Volunteers campaigning about the importance of blood donation**



## Chapter 3

### Helping Hands

The NSS unit of St Gregorios College has formed a new dedicated team of volunteers named ***Helping Hands*** to identify and help the poor and needy. There is an active team of 15 volunteers actively working under the leadership of Programme Officers in identifying the eligible person to whom the helps are to be extended. Helping Hands team collect fund from volunteers and other students and staffs of college through various programmes like installing one rupees coin in various departments and use it for charity. They work efficiently in identifying the needy people of adopted colonies. For which the team visits the colonies in regular intervals. Once the poor and needy are identified, they study about the person and give detailed report to programme officers. The programme officers study the reports and give instructions to the concerned volunteer leaders to take necessary actions. All NSS volunteers whole heartedly contributed to it and the financial helps were given to more than 30 people.

In addition to it the helping hands team distributed onam kit to people of adopted colonies and collected clothes from students of college and distributed it to people of adopted colonies and the inmates of orphanages and shelter home. The team is actively working to spread the smile in the faces of poor and less privileged.

**The members of *helping hands* team are as follows**

<b>Sl. No</b>	<b>Name of the volunteer</b>	<b>Class</b>
1	SerooyaLal	IInd DC Chemistry
2	AmaldevSudevan	II <sup>nd</sup> DC Zoology
3	Abhishek S	II <sup>nd</sup> DC English
4	<b>Jyothis Raj</b>	<b>II<sup>nd</sup> DC Politics</b>
5	Alphia S	II <sup>nd</sup> DC Botany
6	Devika	II <sup>nd</sup> DC Physics
7	Shefeek	II <sup>nd</sup> DC Botany
8	AjmalSha	IInd DC Politics
9	BincyBabu	IInd DC Politics
10	Anna P Biju	IIndDC Maths
11	Alfy George	Ist DC chemistry
12	Surya Sathyan	Ist DC physics
13	Nikhil Raj	Ist DC B.com
14	Roshin	Ist DC B.com
15	Anulekshmi R	Ist DC Politics

## *Helping Hands*

*Spread the smile in the faces of poor and unprivileged”*

### **Onam Kit Donation**

As part of onam celebration the ‘helping hands’ team distributed a kit of grocery items to the very poor people in the adopted colonies. 25 packets worth of Rs. 1000 were distributed to people in adopted colony on 23/08/2018. Our college principal Dr. Suman Alexander inaugurated the function. Dr. Krishnakumar V, Dr. Manu V, Prof. Asha G, volunteer leaders and NSS Volunteers participated in this occasion.



## *Helping Hands*

**Distribution of essential groceries to economically poor and marginalized as a part of NSS Onam Celebration**

## Chapter 5

# ShramDhan

Shram and Dhan are two Hindi words meaning Labour Donation. Through Shramdhan NSS volunteers aims to donate their time and work for the society free of cost. The NSS Unit of St Gregorios had given Shramdhan in various occasions. They had donated their labor for social asset creation, keeping the public places clean, and other social service activities.

Some of the Shramdhan Activities for keeping the surroundings and public places clean are as follows

### **5.1 Cleaning of water bodies – Meenpidipara and surroundings of PulamonThodu**

The NSS volunteers took a great effort in cleaning of local water bodies. The volunteers cleaned the Meenpidipara, now a tourist attraction in Kottarakara. NSS volunteers of our college took a great effort in keeping this place clean and eco- friendly. Plastic waste and other garbage etc. are removed from pulamonthodu and easy flow of water is maintained by the effort of volunteers. Surrounding places of pulamonthodu was cleaned so that garbage do not go into the water on rain.



## 5.2 Drainage and Roadside Cleaning

The NSS Volunteers of St Gregorios College cleaned the drainage and garbage on side of roads of kottarakara town was cleared. The volunteers of NSS unit take regular initiative to keep these places clean.



## 5.3 Sevana Varam (Gandhi Jayanthi)

As part of the sevanavaram in association with Gandhi Jayanthi, the NSS volunteers cleaned the college campus and nearby public places



## Chapter 6

# Awareness Programmes

The NSS unit of St Gregorios College conducted various programmes to spread awareness about various topics which are directly linked to the life of common man. These programmes are conducted both inside and outside the campus. Some were targeting the students inside the campus and others were targeting the general public. The awareness programmes conducted by NSS unit of St Gregorios College are as follows



### **6.1 Seminar on Personality Development**

The NSS Unit of St Gregorios College has organized a seminar on Personality Development on 22/12/2018. Shri. Rinu Sam (Asst. Prof., Dept of Physics SGC) conducted the class



## 6.2 AIDS/ HIV Awareness

NSS Volunteers organized a rally from KSRTC Bus station, Kottarakara to spread the awareness about HIV/ AIDS on 1/12/2018. Leaflets and notices about HIV/ AIDS were also distributed by the volunteers.



## 6.3 Anti Intoxication seminar

The NSS unit of St Gregorios College organized an Anti Intoxication seminar on 23/03/2019 at college seminar hall. The class was conducted by Shri. Radhakrishnan Pillai, preventive officer, Excise department, Kottarakara. The seminar aims at making the young generation aware about the consequences of drugs.



## REVIVE WITH FOLK SONGS

The NSS unit participated in programme "Revive with folk songs" training by Shri.C.J. Kuttappan, Chairman of KeralaFloklore academy and National award winner for Folk Songs on 21/12/2018



### 6.6 Seminar and Training on KALARI .

NSS volunteers at St. Gregorios College got the opportunity to attend a seminar and training on Kalari and its related customs on 24/12/2018. It was attended by more than 100 students. The students were offered a platform to negate their doubts and to express their views. On the whole the training was a veritable success.



### Seminar on world mental health day

The NSS unit of St Gregorios college participated in a seminar on Mental health at Ashraya ,Kalayalapuram on 10/10/2018 . The function was inaugurated by **IllikkiyaIAS** , assist collector Kollam. The volunteers also spend their time with persons in Ashrya ,Kalayapuram..





## Awareness on heart day

As part of world heart day NSS unit organised a rally from Lotus Heart Hospital kottarakara to Thaluk Hospital Kottarakara on 13/09/2019



## Chapter 7

# Palliative Care

Palliative care is a multidisciplinary approach to specialized Medicare care for people with illness. The focuses on providing people with relief from pain, physical stress and mental stress. The goal of palliative care is to improve quality of life for both person and his family.

The NSS unit of St Gregorios College has an efficient and effective team of volunteers under palliative care wing. The volunteers provide care and help to patients of adopted colonies etc. To impart social responsibilities among our volunteers and enhance their thought to serve, NSS volunteers are regularly taken to visit orphanages and charity institutions situated nearby the institution. The volunteers spend their day actively interacting with the inmates, giving care and love and they even perform various cultural programs for the inmates.

### **DONATING UMBRELLA**

NSS unit of St Gregorios college Kottarakaradonate umbrella as part of giving School kit for poor children in association with Govt hospital Kottarakara.



### **VISIT TO GANDHI BHAVAN, PATHANAPURAM**

NSS volunteers visited Gandhi Bhavan, Pathanapuram on 23/06/2018. Gandhi Bhavan International Trust is a registered, charitable, non-profitable organization. The Trust is actively engaged in charitable and socio-cultural service activities. The Trust stands for the protection, welfare and upliftment of poor, downtrodden, neglected and

marginalized cross section of people in the society by providing food, shelter, educational and medical needs. Now there are more than 1200 inmates of all ages starting from 3 months to 102 years. Most of them are aged and suffering from various ailments and weakness due to old age. Physically handicapped mentally challenged & mentally deranged, blind, deaf, dumb, orphan children and destitute mothers are residing in Gandhi bhavan like in a big joint family.

Our volunteers distributed clothes, notebooks, stationary items, and stationary items. They helped the inmates in combing their hair, cutting and trimming their nails. Our presence were really soothing to the inmates and the volunteers, in their turn, felt complacent. **Jyothis Raj** facilitate the programme. A general meeting was held in their hall where Programme officers Dr. Krishnakumar V, Prof. Asha G felicitated and the volunteers performed several cultural events during the occasion. These enlightening visits gave the volunteers an insight of the hardships of the abandoned old people and also first-hand knowledge of certain painful realities. Consequently the volunteers even took an oath that they would never send their old parents to old age homes.



## Chapter 8

# Surveys

The NSS unit of St Gregorios college had carried out various surveys to study about many socially important topics. Some of the surveys done by the unit in the academic year 2018- 2019 are enlisted below.

### **ASAP CSP survey.**

NSS volunteers in association with ASAP CSP – COMMUNITY SKILL PARK conducted a survey on youngsters at panchayaths of Ezhukone, Veliyam, Ummannoor and Pooyappally. The survey conducted for find out job skills on Youngsters



## General Election Campaign 2019

As per the instruction from district collector kollam NSS unit organised *koottayottam* from St.GregoriscollgeKottarakkarato kottarakara bus stand on 12/03/2019 and Constitution reading at kottarakara bus stand on 13/03/2019.



## World Environment Day

NSS volunteers celebrated world environment day on June 5 with join Alumni Association

We plant 50's of plant along the kottarakkara and volunteer bring plants to their houses



## Chengannur Flood Relief Camp

Under the kerala University joined to sathya sai orphanage trust conduct 3 day residential cleaning programme our NSS volunteers under the leadership of **Jyothis Raj** are actively participated on this camp.



## **Greeting to Mr. V.P Mahadevan**

NSS unit in association with college management honored V.P Mahadvan sir, the vice chancellor of kerala university. He was former lecturer of physics department in St. Gregorios College kottarakara

NSS volunteers should give all arrangements for that happy session .



## Teachers day celebration

On September 5 our NSS volunteers should greet all our college lecturers and all retired faculties with ponnada, flowers and sweets . Manager of the college inaugurated the session.



## National Youth Parliament 2019

Jyothis Raj participated the district level Youth Parliament that conducted by National Youth affair Ministry. On 24-01-2019 at kollam.





## NSS Day celebration

On september 24 NSS day celebration at *Thanal* buds Rehabilitation centre and Vettikkavala Shishumandiram. Volunteers had participated and celebrate with that children cakes , 2 books and a pen for each child gave in that occation various programmes are performed by the volunteers



## Campus Cleaning

NSS volunteers under the leadership of **Jyothis Raj**, clean the college surrounding, college store, canteen, the all NSS volunteers are participated in the cleaning programme



## **Kottarakara municipality cleaning programme**

Under the MarThoma Kottarakara- punalur Dioces leadership of Mar Coorilos Episcopa cleaning programme done by SG College NSS volunteers.



### **Childrens Day Celebration**

On November 14 childrens day celebrated with kottara chapel students celebrated with songs, actions, Games, Quiz, outdoor games, Activities, Cleaning, planting trees, Etc. the day is make happy to the children



## **Flood Relief Work**

Flood Relief Work activities our NSS volunteers had appreciable movement in that field food collection, dress collection, rescue services and also work in control rooms of district level and all urgent works are done by the volunteers efficiently.



## Medical Camp

Under the NSS unit Medical camp was conducted for kottarakara municipality in Marthoma girls High School Kottarakara and also organ donation class and organ donation forms are also been delivered in that camp. About 98 peoples were registered in the camp.



## College Sports day

College sports day arrangements are cordially done by the NSS volunteers. Under the leadership of **Jyothis Raj** volunteers should arrange the stadium and ground to the sports meet 2018



### **College Wall Painting**

NSS volunteers and the NSS programme officers jointly wash cleared the wall of the college and draw paintings on it painting on the awareness demerit of alcohol abuse and use meaningful quotes by famous persons.



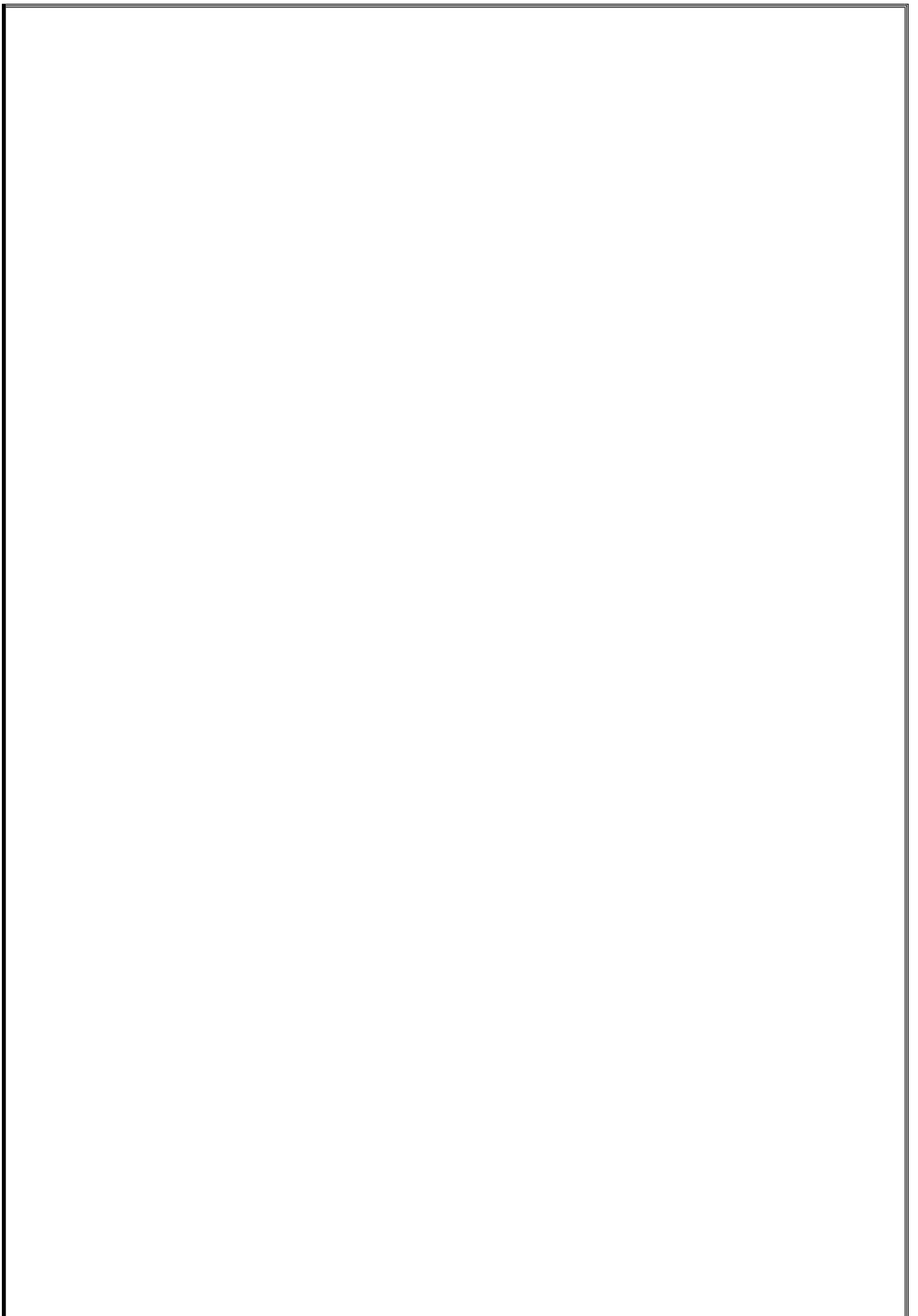
Best Volunteer Certificate holding by **Jyothis Raj** from the programme officers  
Krishnakumar.V and Asha G



Cleaning Activity done in Adoor Yoth Centre









Government of India  
Ministry of Youth Affairs and Sports

# NATIONAL INTEGRATION CAMP 2018

## CERTIFICATE

C.No.

This is to certify that Mr./Ms. **JYOTHISH RAJ**

NSS Volunteer / NSS PO of **Sri COLLEGE, KOTARAKKARA**

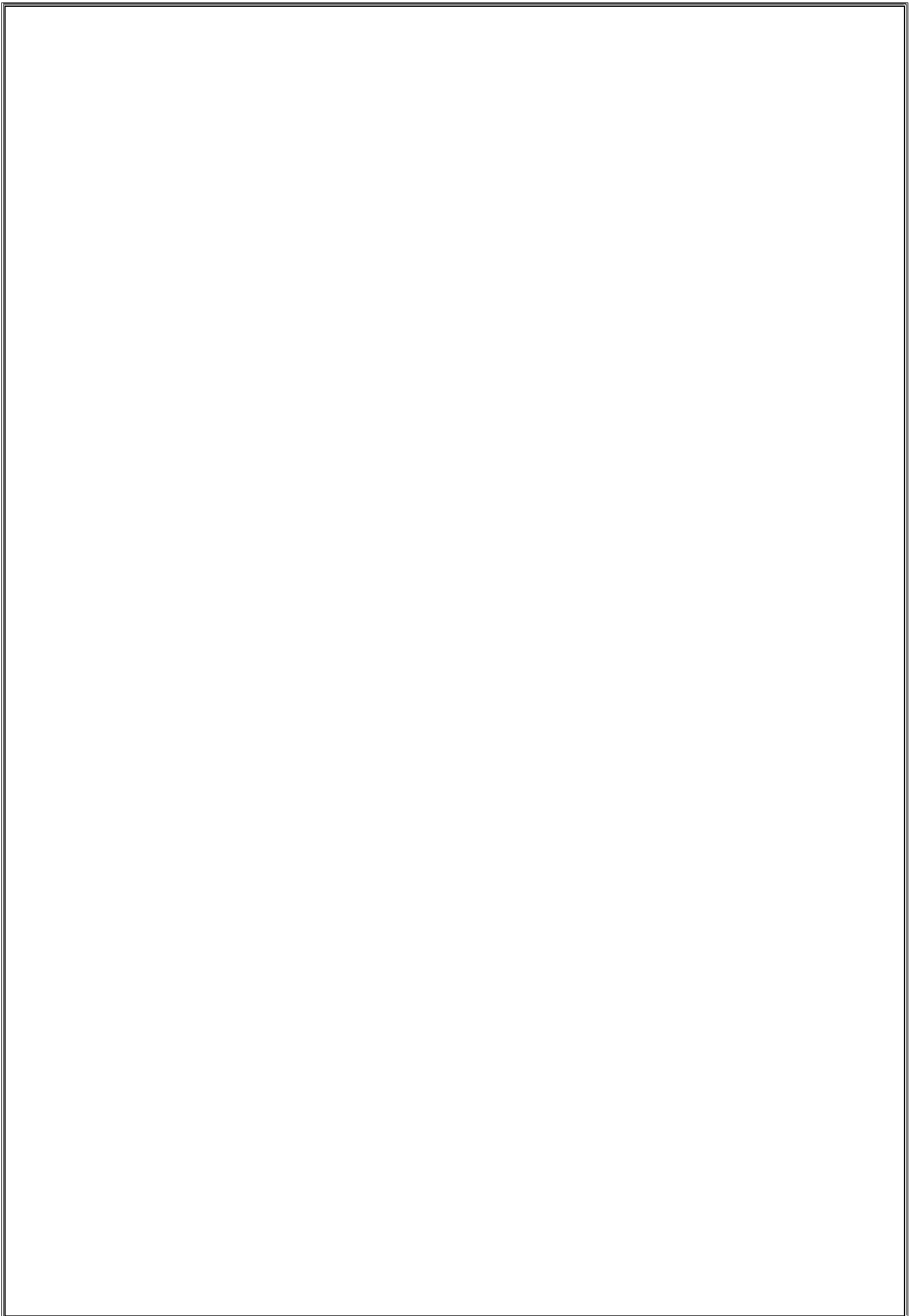
School / College ..... **KERALA** ..... State has participated in the National

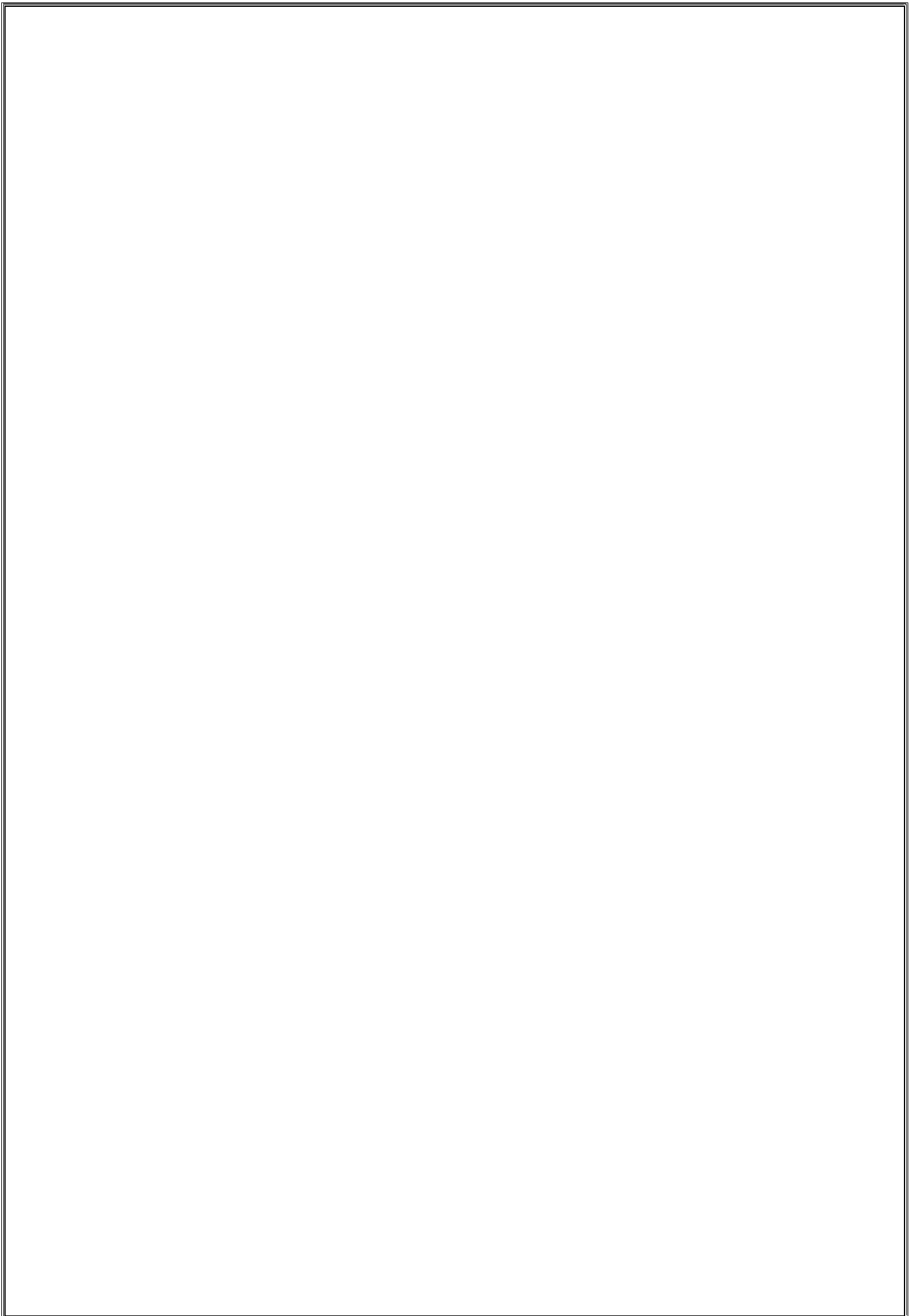
Integration Camp of the Ministry of Youth Affairs and Sports, Govt. of India held from  
10<sup>th</sup> to 16<sup>th</sup> December, 2018 at Sri Sathya Sai Arts & Science College, Thonmakkal,  
Ttvandanuram, Kerala.

**K. M. Anandakumari**  
Principal & Executive Director  
Sri Sathya Sai Organizational Trust

**Dr. Ganesh**  
Programs Co-ordinator NSS  
University of Kerala, Thiruvananthapuram

**G. P. Sajith Babu**  
Regional Director,  
NSS Regional Directorate, Thiruvananthapuram





भारत सरकार  
Government of India  
युवा कल्याण एवं खेल मंत्रालय  
Ministry of Youth Affairs & Sports



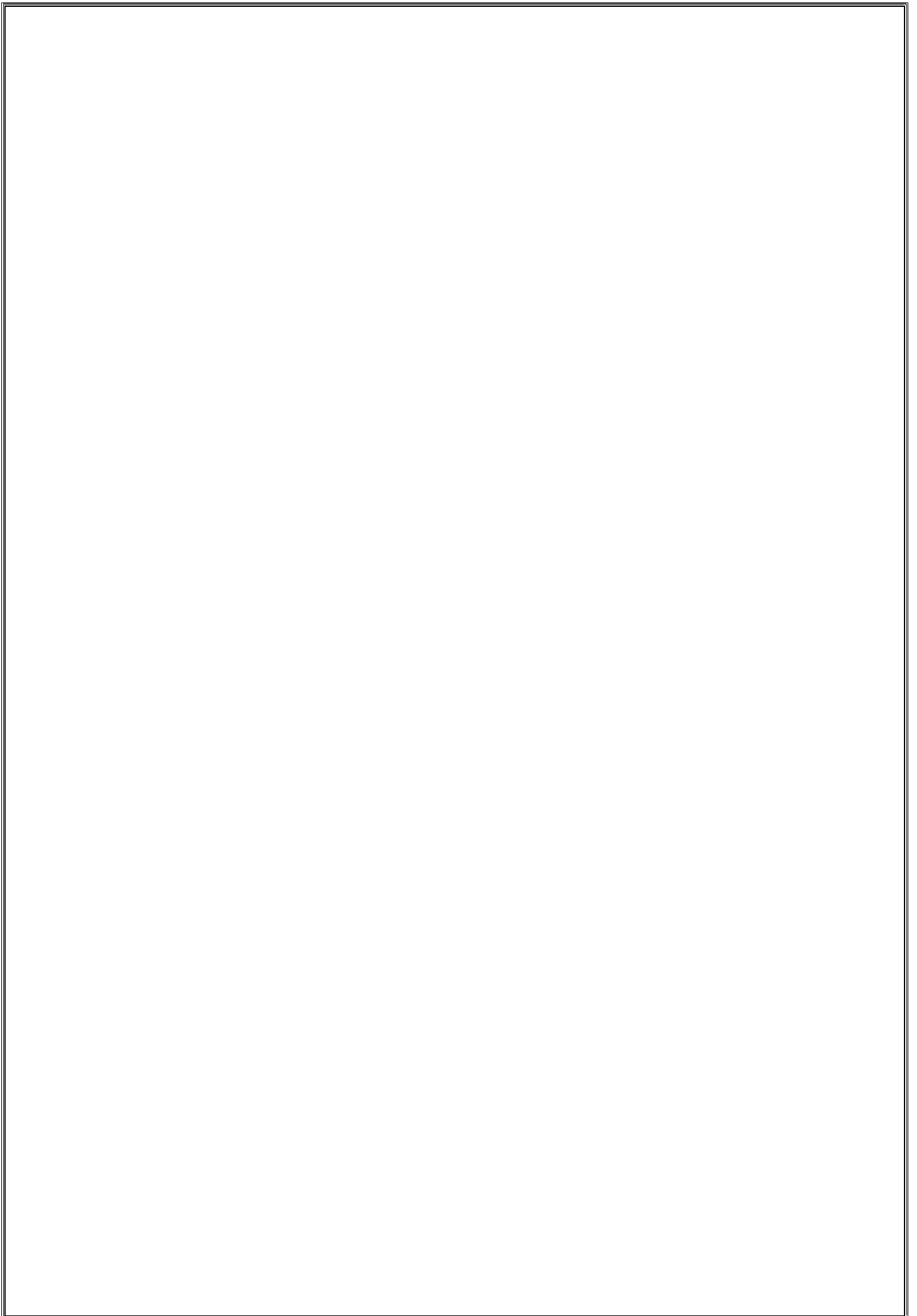
### सहभागिता प्रमाण-पत्र / Participation Certificate

प्रमाणित किया जाता है कि श्री/शुभा/श्रीमती रवि  
पुत्र/पुत्री राजू, पी. वी. निवास पत्तिकाट्टल नं.  
युवा कार्यक्रम एवं खेल मंत्रालय, भारत सरकार द्वारा कोल्लम जिले में दिनांक 24/01/2019 को आयोजित

### जिला युवा संसद में सफलतया सहभागिता की।

Certified that Sri/Miss JYOTHISH RAO  
son/daughter of RAJU P.V  
resident of MADYILADIKKATTU, THEKKETHI, JERVA successfully participated in  
**District Youth Parliament**

Organised by Ministry of Youth Affairs & Sports, Government of India in KOLLAM  
District on 24/01/2019  
Signature of Principal of Model Institute  
Signature of State Level Officer  
Signature of Regional Director, 425





# Don Bosco College, Kottiyam


Affiliated to Kerala University

Umappanallur P.O., Kottiyam, Kollam 691309

## NATIONAL SERVICE SCHEME Green Campus Clean Campus, 2018

### Certificate

This is you certify that ....**Jyothis..Raj**.....  
has attended in the District Level residential training program  
of NSS Volunteers of Kollam District in connection with the  
**Green Campus Clean Campus** Program from 9<sup>th</sup> to 10<sup>th</sup>  
November , 2018 at DON BOSCO COLLEGE KOTTIYAM.

  
Principal

  
Dist.NSS co-ordinator

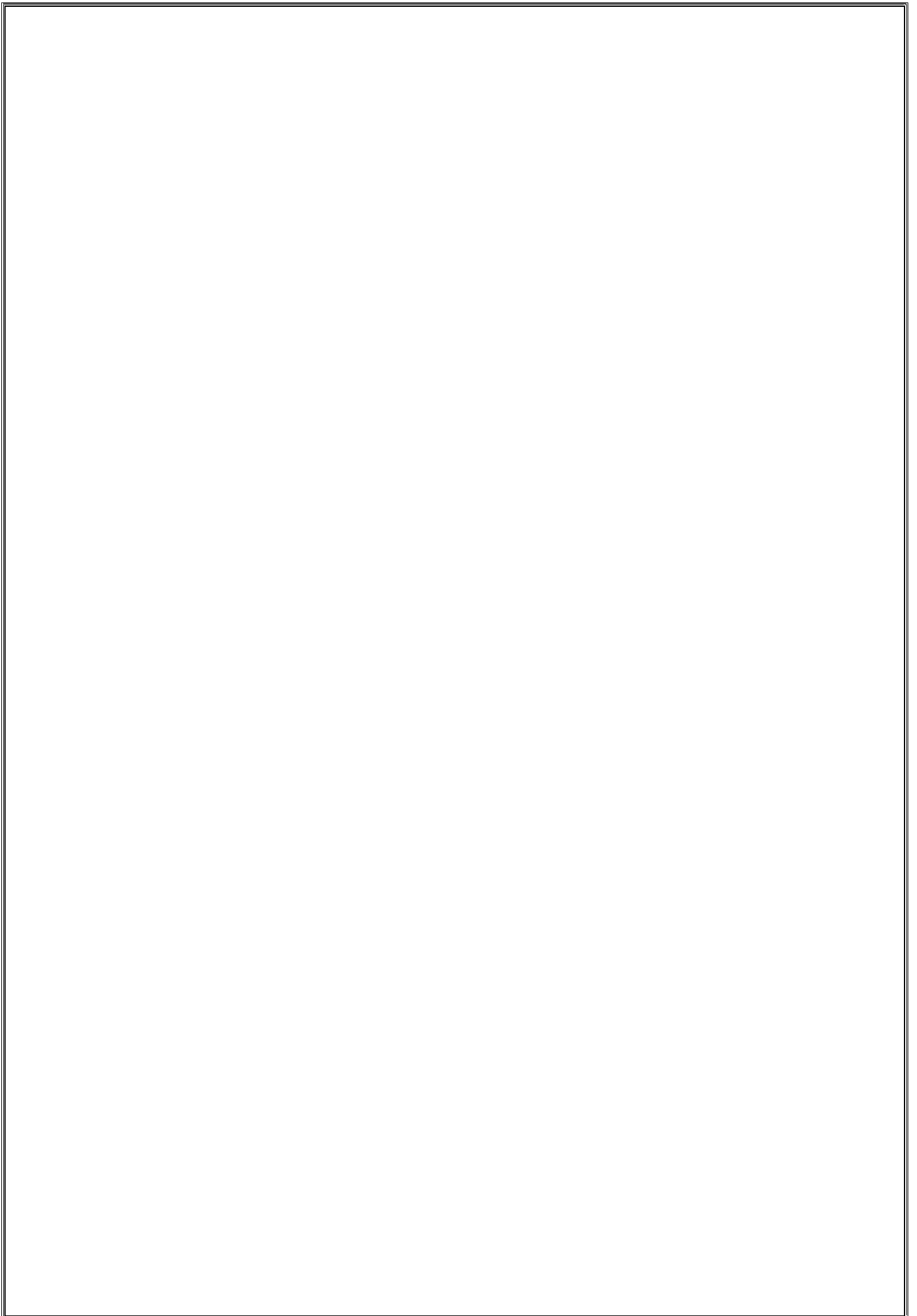
  
Dist. Suchithwa Mission NSS Program Office

Assistant Development Commissioner &  
District Co-ordinator  
Suchithwa Mission, Kollam

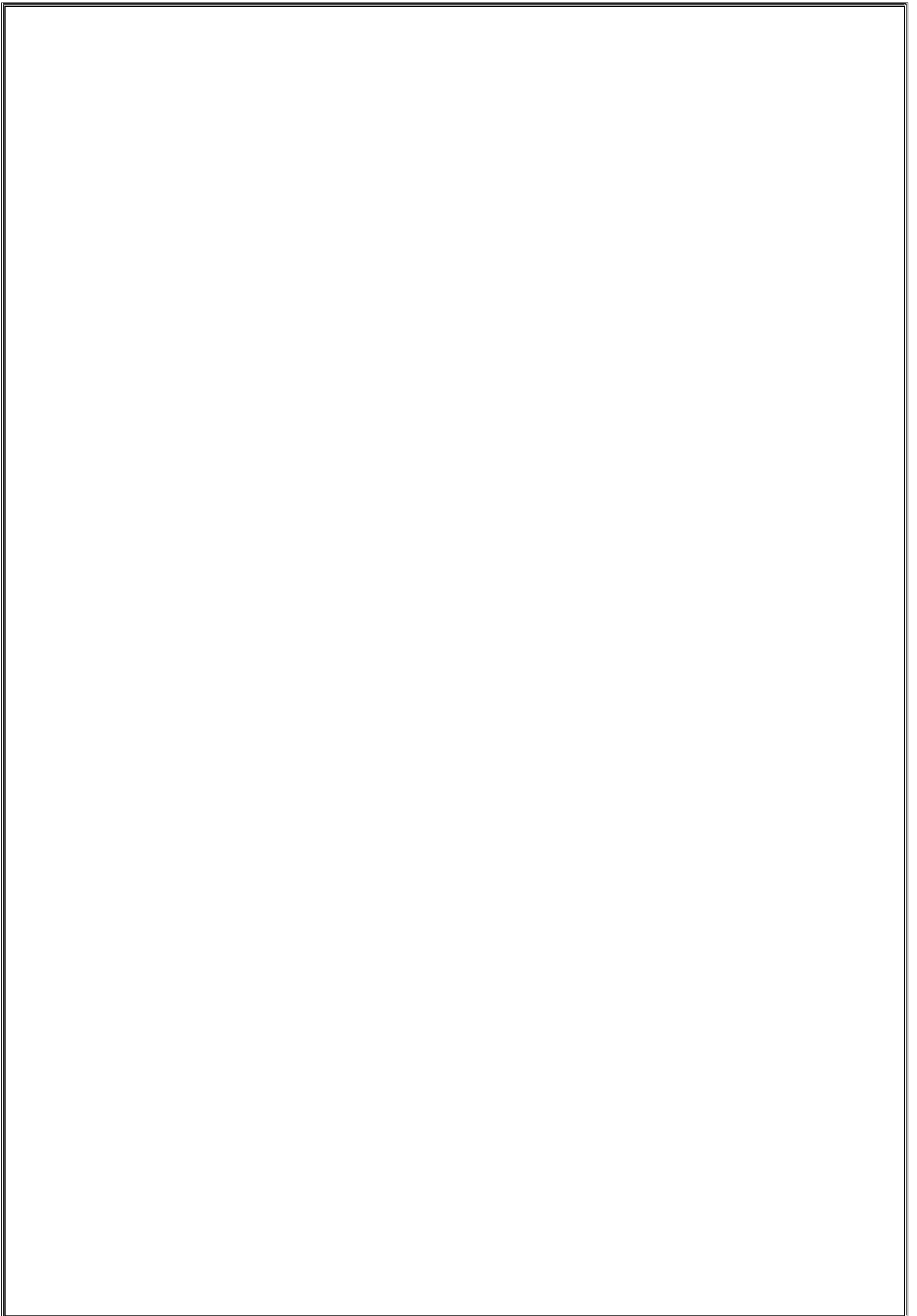
Kottiyam, November 10, 2018

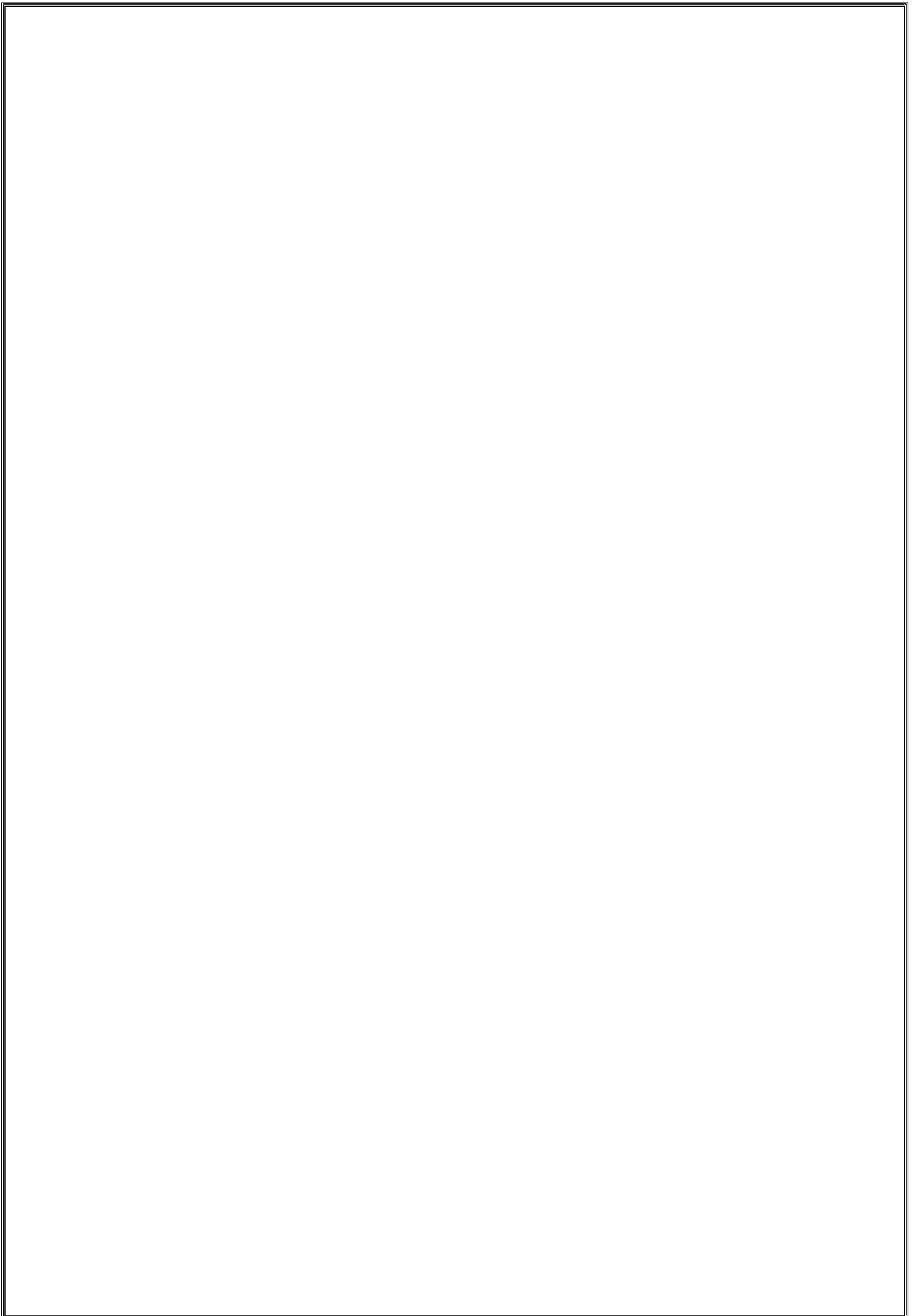


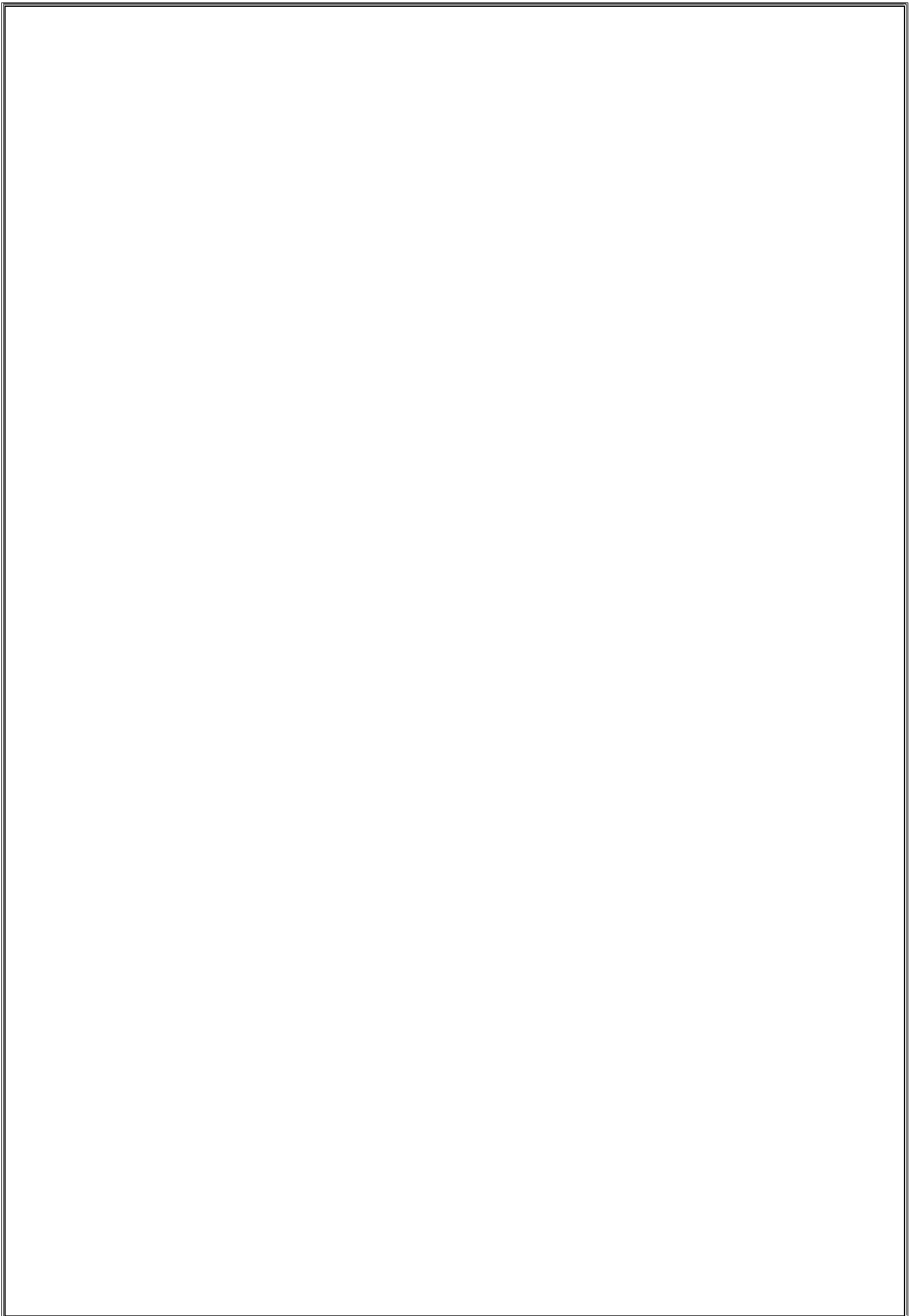
**SUCHITHWA  
MISSION**  
LOCAL SELF GOVERNMENT DEVELOPMENT BOARD

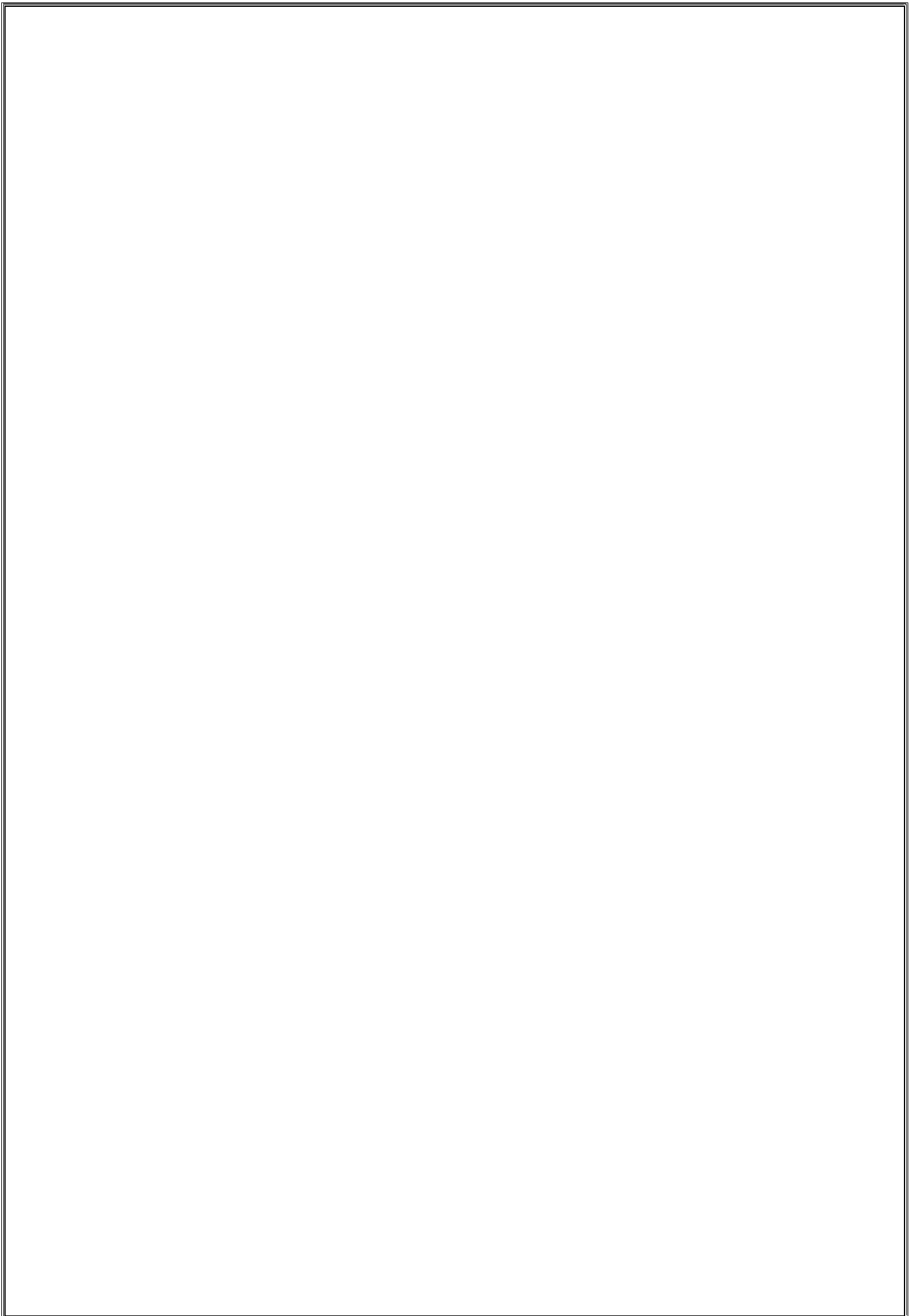


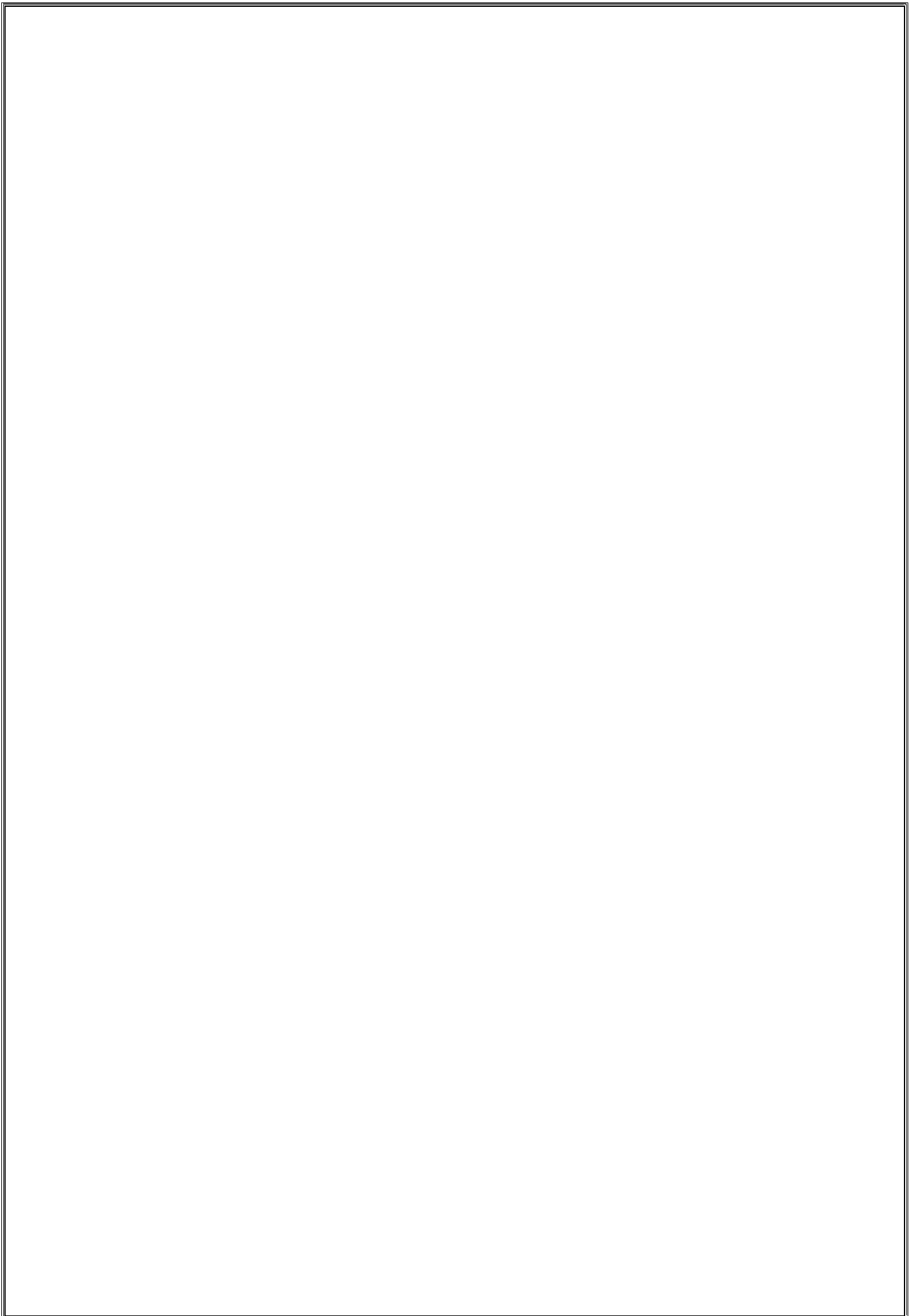


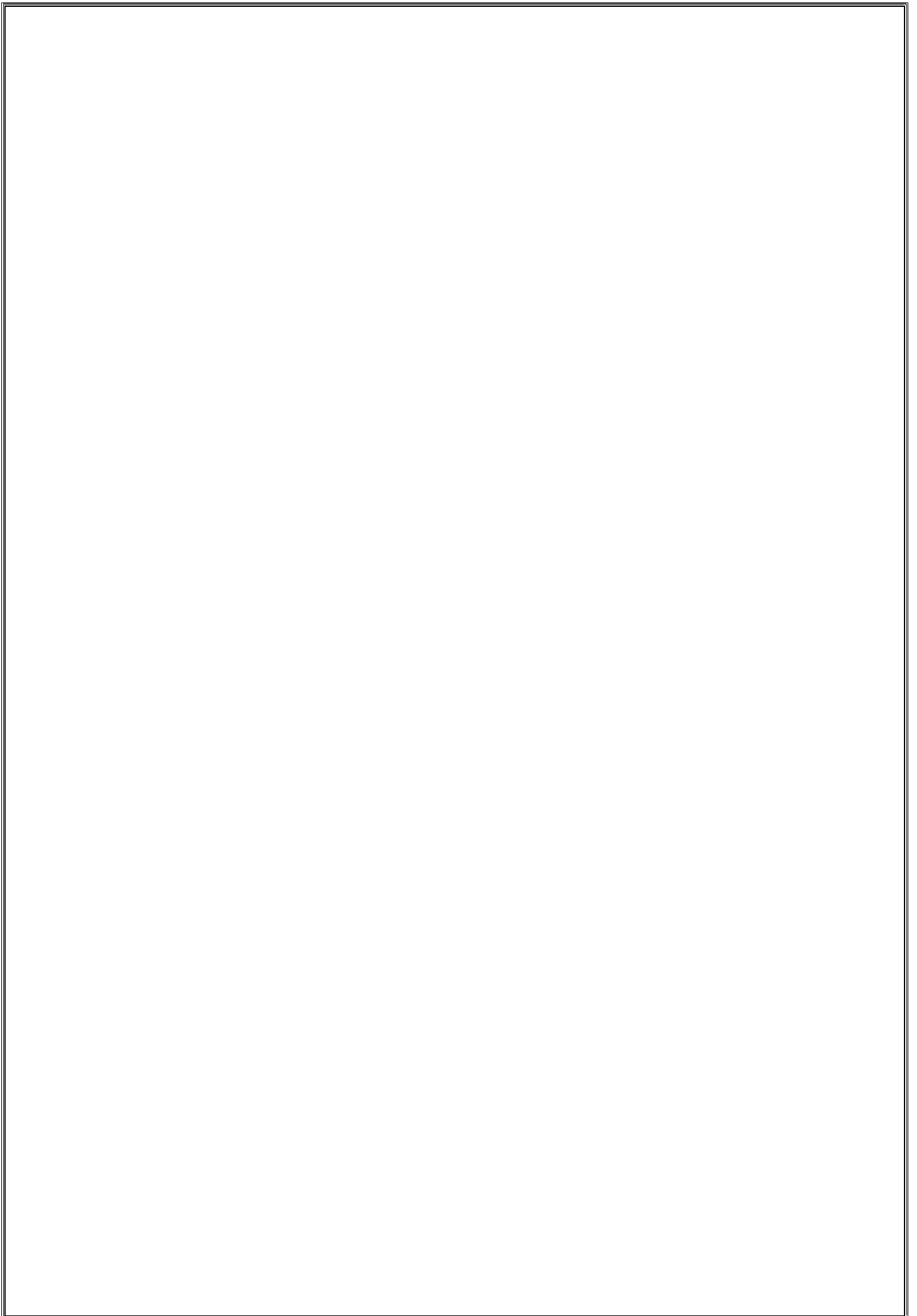


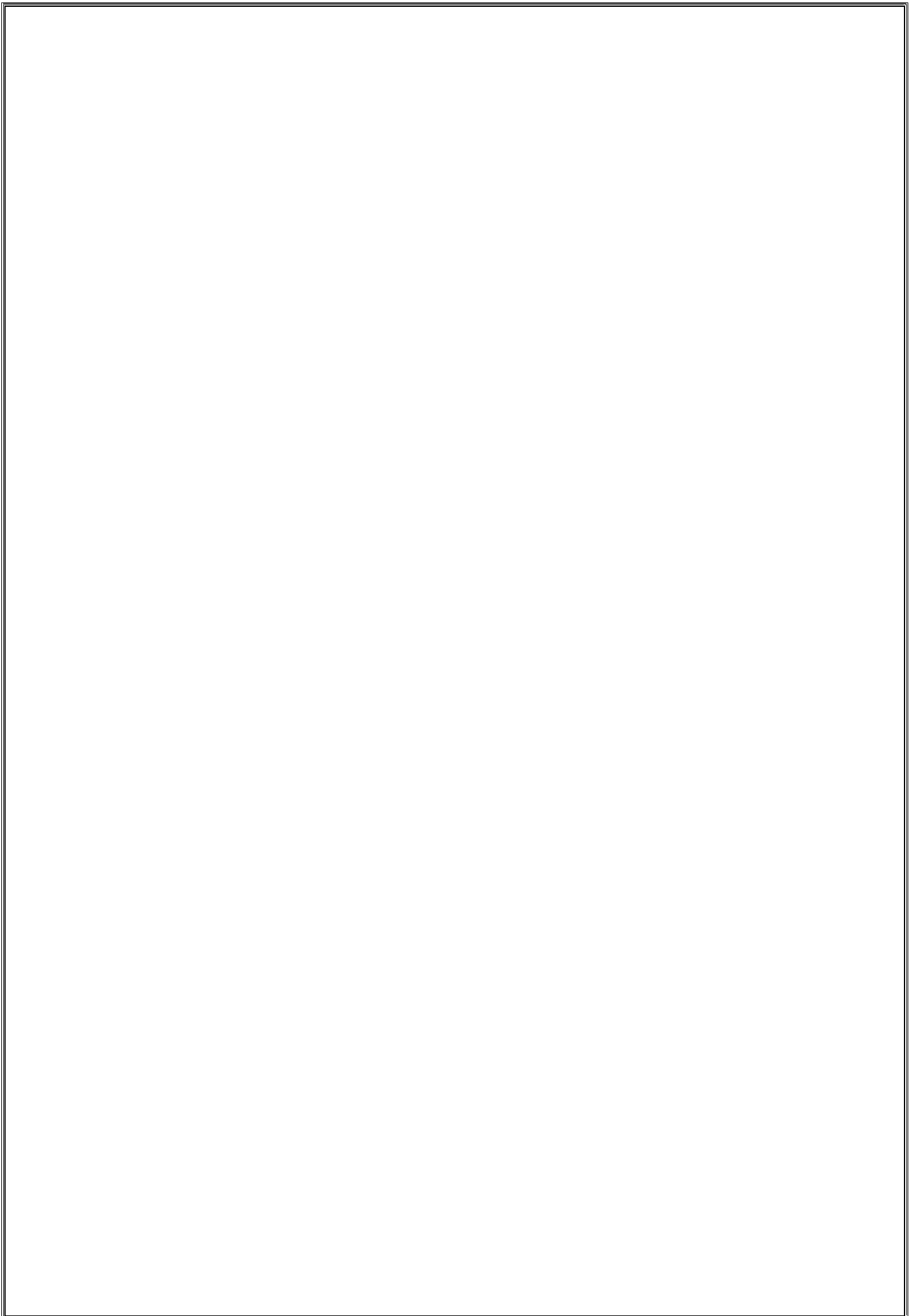


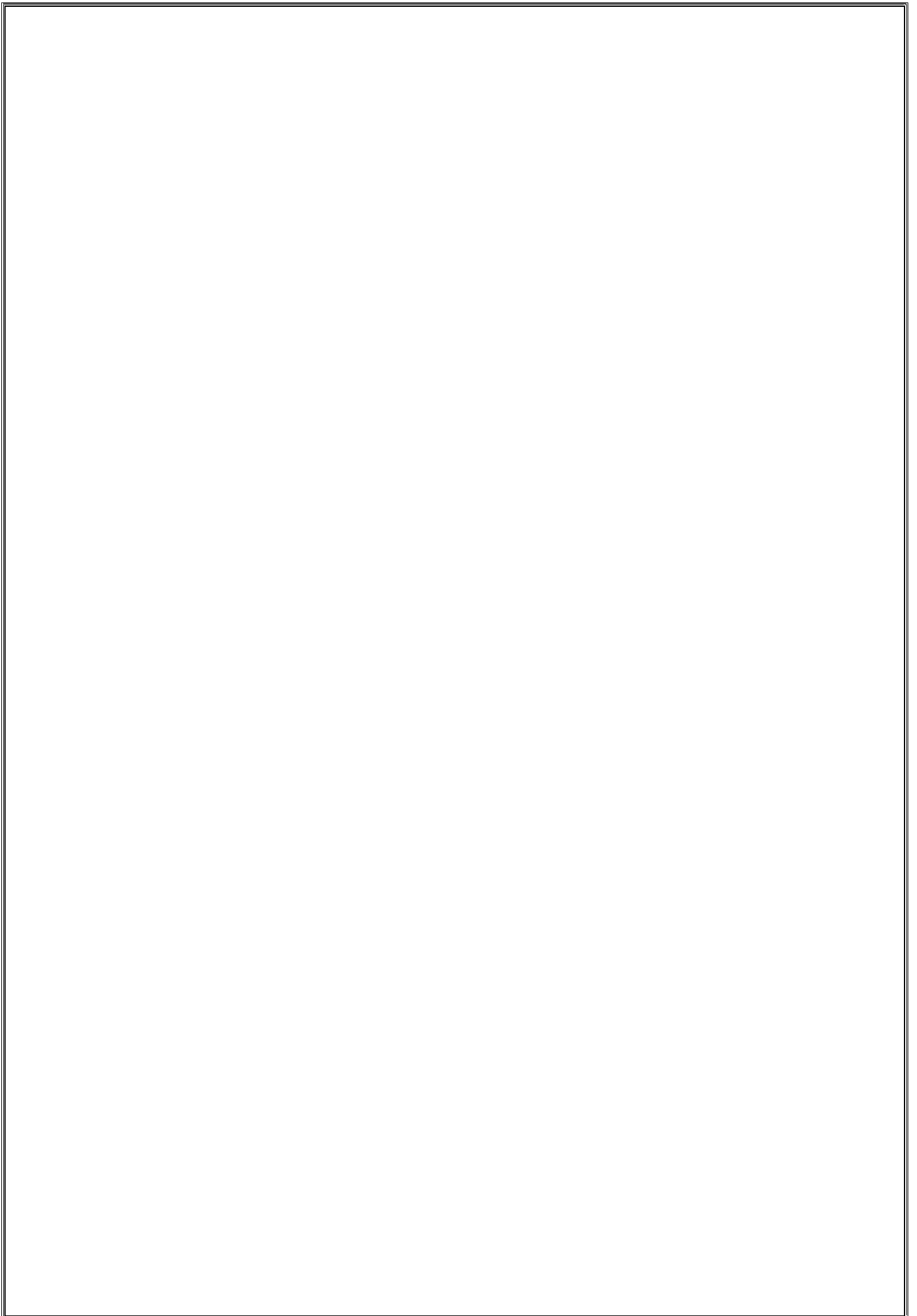




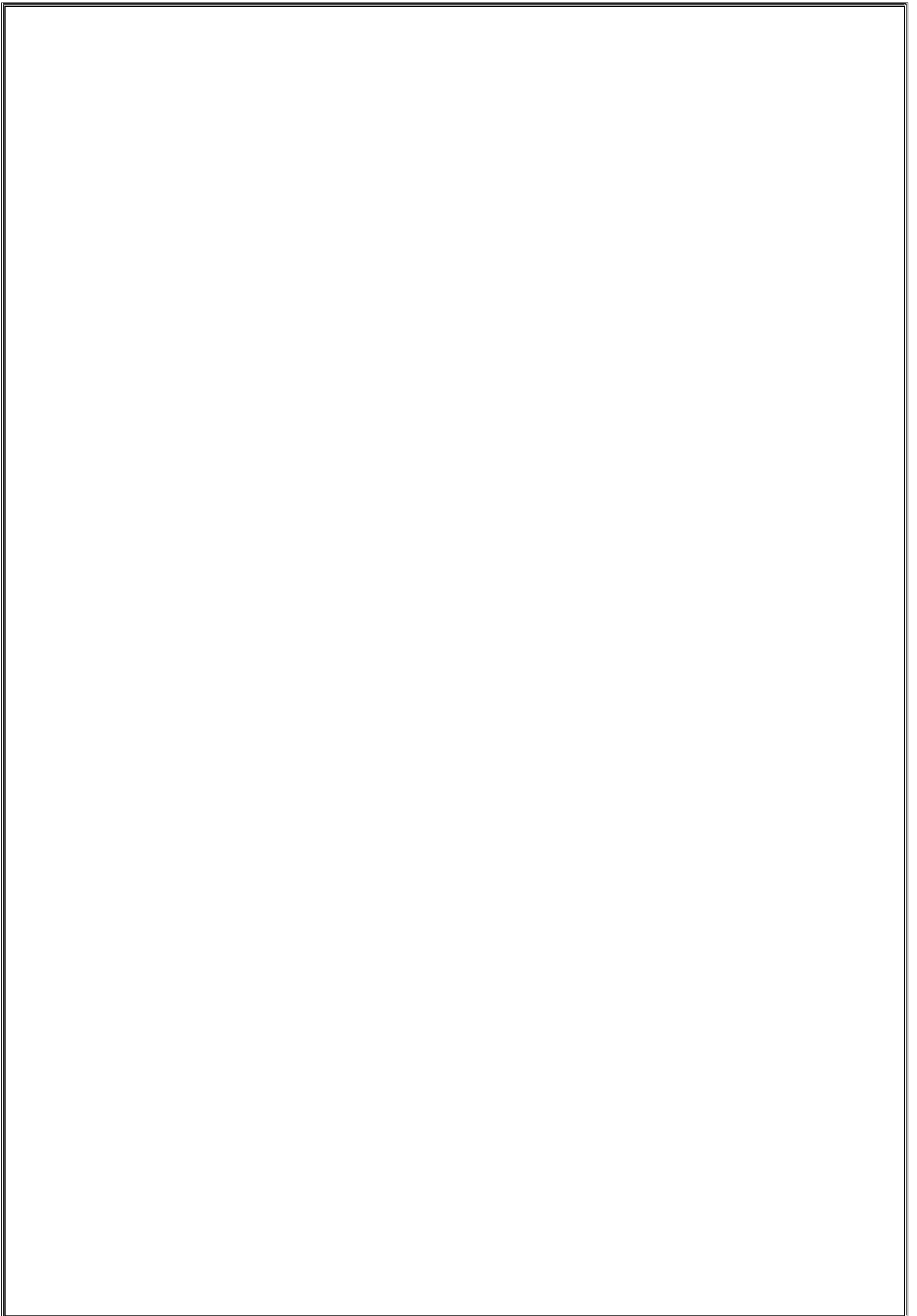












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